

Why Compare Beef and Coal Profits?

Swift & Company has frequently stated that its profit on beef averages only onefourth of a cent a pound, and hence has practically no effect on the price.

Comparison has been made by the Federal Trade Commission of this profit with the profit on coal, and it has pointed out that anthracite coal operators are content with a profit of 25 cents a ton, whereas the beef profit of one-fourth of a cent a pound means a profit of \$5.00 a ton.

The comparison does not point out that anthracite coal at the seaboard is worth at wholesale about \$7.00 a ton, whereas a ton of beef of fair quality is worth about \$400.00 wholesale.

To carry the comparison further, the 25 cent profit on coal is 31/2 per cent of the \$7.00 value.

The \$5.00 profit on beef is only 11/4 per cent of the \$400.00 value.

The profit has little effect on price in either case, but has less effect on the price of beef than on the price of coal.

Coal may be stored in the open air indefinitely; beef must be kept in expensive coolers because it is highly perishable and must be refrigerated.

Coalis handled by the carload or ton; beef is delivered to retailers by the pound or hundred weight.

Methods of handling are vastly different. Coal is handled in open cars; beef must be shipped in refrigerator cars at an even temperature.

Fairness to the public, fairness to Swift & Company, fairness to the packing industry, demands that these indisputable facts be considered. It is impossible to disprove Swift & Company's statement, that its profits on beef are so small as to have practically no effect on prices.

Swift & Company, U. S. A.



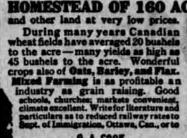
Are Common in Western Canada

The thousands of U.S. farmers who have accepted Canada's generous offer to settle on homestands or buy farm land in her provinces have been well repaid by bountiful crops of wheat and other grains.

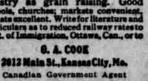
Where you can buy good farm land at \$15 to \$30 per acre—get \$2 a bushel for wheat and raise 20 to 45 bushels to the acre you are bound to make money—that's what you can do in Western Canada.

In the provinces of Manitoba, Saskatchewan or Alberta you can get a

HOMESTEAD OF 160 ACRES FREE



B. A. COOK





Not Valid.

"Gadspur is a disappointed man."

"He wanted to get into the army but made a mistake in his question

"How was that?" "He waived exemption on the ground of domestic infelicity and the exemption board couldn't see it that way."-

Birmingham Age-Herald.

Bix-"I hate golf; it's too much like work." Dix-"I hate work; it's not chough like golf."

"To what branch of the service do baby tanks belong?" "I suppose, to the infuntry."

Then Your Eves Need Care To Murine Eye Res

Wanted His Right.

"What the dickens is the matter with you?" furiously demanded the warder of Pat. "What do you mean by kicking up a row at this time of the night?

"Sure. an' I only want to go horae," said Pat.

"Don't be a fool, man," said the warder, coming across to see if his prisoner was quite well. "Fool, bedad," shouted Pat from the

other side of the bars. "I'm in me rights. "Now, look here," broke in the warder meaningly, "you've got seven days

hard; seven days you've got to do, so you'd better do them quietly." "You're quite right," smiled Pat. nights, and faith you can surely trust me to come back in the morning."

While blacksmiths may have m

atreet.

And whatever happens, keep sweet, keep sweet.

GOOD EATING.



AVORY dishes will be lowing which will help in food conservation:

Old . Fashioned Marhed Potatoes. -Wash, pare and cut in thin slices six potatoes. Melt two tablespoonfuls

sweet fat, add a tablespoonful of chopped parsley, the potatoes and a cup-ful of bolling water. Cook until the potatoes are soft. Mash and add a cupful of milk, and two lightly beaten eggs, cook five minutes.

French Taploca.-Cook one-half cupful of corn sirup and a cupful of water together five minutes. Add-six apples cut in quarters and cook until soft. Pour a layer of cooked taploca in a greased pudding dish, remove the apples from the sirup and arrange over the taploca. Add a second layer of taploca and bake until slightly browned. Add a few spoonfuls of jam to the sirup, cook a few minutes and pour over the pudding and serve.

Egg and Vegetable Dish.—Cut a cubes, with three cupfuls of potatoes, likewise cut a half cupful of leeks in pieces, a small head of cauliflower. a cupful of green peas, five sprigs of parsley. Cook all together in as little water as possible. Ponch six 2ggs. Make a sauce, using the vegetable water (two cupfuls), a teaspoonful of salt, pepper and thyme to taste. Put the vegetables in the center of the platter and arrange the poached eggs around them. Pour the sauce over the vegetables and eggs. Use three tablespoonfuls of butter substitute with two tablespoonfuls of rice flour.

Rice and Cheese Souffe,-Melt two tablespoonfuls of fat; in it cook two tablespoonfuls of flour, a half teaspoonful of salt and one-fourth tea-spoonful of paprika; add one cupful of milk and when boiling hot add one cupful of cooked rice, then beat in the yolks of three eggs, well beaten, and a half-cupful of grated cheese. Fold in and bake in the oven in a buttered dish set in a pan of hot water. Finely minced ham may take the place of the cheese if desired.

Boost for every forward movement,
Boost for every new improvement,
Boost the man for whom you labor,
Boost the stranger and the neighbor,
Cease to be a chronic knocker,
Cease to be a progress blocker,
If you'd make your city better
Boost it to the final letter.
—Detroit Free Press

FEW SANDWICHES FOR THE



HE variety of sanding, for each day new kinds are being brought to our no-tice, most of them good and fairly economical. The ham sandwich is a timehonored institution but when bought at

counter, between two-story buns with no butter, they lose their attractiveness. It takes but a moment to make an unpalatable food into something most attractive, and when time cuse for the food atrocities which are foisted upon a long-suffering public. If the ham is ground and mixed with dressing one slice will be sufficient for three or four sandwiches. This is not only an economy in expense and food. But there will be none wasted, for it tastes so good that every scrap will be enten.

Cold bolled tongue is another welliked filling. Chop the tongue, add a little cream, melted butter and musmix and spread on buttered bread. A fried egg sandwich is a most sustaining and popular one, but should never be eaten hurriedly, nor by one with a faulty digestion. Cheese sandwiches are equally nutritious, and when slowly and well masticated make a good food. A grated cheese filling is better for any who have trouble in digesting the cheese.

Nuts of various kinds, chopped or ground and moistened with cream, salted and red peppered for variety.

Chopped nuts and chopped celery is a good combination.

Sweet sandwiches, using jelly, jams and preserves on a little thicker sliced bread than the ordinary sandwices make another well-liked variety; especially do these appeal to the

Sweet Nut Sandwich Filling.-Chop together one cupful of seedless rate-ins and one cupful of English walnuts; add one-half cupful of grated coco-nut, two tablespoonfuls of grated chocolate, and mix well together, then add sweet cream to moisten and spread on whole wheat bread.

tastes like more" is finely snipped marshmallows mixed with coarsely chopped pecans. Strew over lightly buttered bread. Flour the scissors when cutting the marshmellows and it will be easily done.

The wild hawk to the wind-swept sky.

The deer to the wholesome wold,
And the heart of a man to the heart of
a maid
As it was in days of old.

—Kipling.

SAVORY DISHES.



HERE the wild rabbit found in abundance ment is an economical dish and mny be served often with no feeling of limitation. The variations of seasoning will make a great variety in flavor, so that the dish will

Rabbit With Vegetables.-Cut the sweet fat. Remove them to a kettle and add three small onions, a clove of garlic, one-half a bay leaf, one-eighth of a teaspoonful of thyme, a teaspoonful of sait, a fourth of pep-per and two cupfuls of boiling water. Simmer until tender. Add a few po-tatoes and cook until they are done. Serve the rabbit on a platter with the vegetables around it as a garuish.

Codfish With Potatoes,-This may good way to use leftover fish. Cook a clove of chopped garlic and a tablespoonful of chopped parsley in three tablespoonfuls of olive oil for two minutes. Add a cupful of shredded codfish, two cupfuls of potatoes cut in cubes, a tenspoonful of paprika and boiling water to just cover. When the potatoes are cooked aud milk and serve garnished with parsley.

Good-flavored cheese may be used to

the last crumb even if very dry. teaspoonful sprinkled over apple ple adds to its daintiness, or if a cupful or more is at hand add a little hot cream, stirring until it is melted; add paprika, cayenne or canned peppers rubbed through a sieve for flavor. This will keep for some time and may be served as any cream cheese. It is especially good for sandwiches.

Molasses Cookles.—Take one-half

cupful of corn oll, one cupful of moasses, one-half tenspoonful of salt, two teaspoonfuls of ginger, and three cupfuls of rye flour. Mix one tea-spoonful of soda in the molasses and when all the ingredients are well blended set on ice to chill. Make in small balls with the floured hands. Bake 20 minutes in a moderate oven.

To keep our nation on the map Do not waste a single scrap,
E conomise:
Be saving of the food and light
As well as wood and anthracite,

THE FOOD VALUE OF NUTS.



servation of meats the food value of nuts is being recogtant. In certain localities nuts of difplentiful. If we learn to use and appreci

grow nearest, we will save the expense of shipping, an item worth our thought these days, for we need to conserve our shipping facilities as well

Various dishes using nuts will oc cur to the thinking housewife and many original and delicious dishes

Just now is the senson for the good old chestnut that we all like. Make them into soup, sandwich filling, as stuffing for vegetables as a main dish. or as saind or dessert, they are equally good in any.
Egg plant stuffed with chestnuts or

peanuts is a most tasty dish. Boll the egg plant ten minutes, then halve it and scoop out the inside, leaving a wall a half-inch thick. Chop fine the part taken out and mix with bread crumbs, seasonings of various kinds and finely chopped cooked chestnuts or ground peanuts. Bake half an hour.

Chestnuts are appetizing if shelled and blanched, then cooked tender, added to brussels sprouts also cooked, using three-quarters of a pound of nuts to a quart of the sprouts, adding used, as they lack fat. Stew for an nour at the simmering point.

Mashed chestnuts are good served with meat as a vegetable as they con-tain starch and some sugar. Mashed cooked chestnuts are used to stuff the turkey and as a dressing for game they are much prized.

nuts in the liquor in which the game has been parboiled; this gives them a delicious flavor. Mash, drain and add a spoonful of minced ham, bread crumbs, a little of lemon juice and salt and pepper to taste. Mix well, and two tablespoonfuls of sweet fat, and the walks of two ages wall hast and two tablespoolitis of sweet fat, and the yolks of two eggs, well beaten. Fill the bird with the dressing well heated and let it stand a half-hour to season before rossting.

UPSET STOMACH

SOURNESS, GAS, ACIDITY, INDIGESTION.

Don't stay upset! When men's don't fit and you belch gas, acids and undigested food. When you feel lumps of indigestion pain, flatulence, heartburn of headache you can get instant relief.



No waiting! Pape's Diapepsin will put you on your feet. As soon as you eat one of these pleasant, harmless tablets all the indigestion, gases, acidity and stomach distress ends. Your druggist sells them. Adv.

Appealing to Real Influence. "What is your objection to me as a son-in-law?" inquired the young man

with the melancholy expression. "Who told you I didn't like you?" asked Mr. Cumrox.

"Gwendolyn." "Clever girl. She is saying that so as to make you more popular with her

Dr. Pierce's Pleasant Peliets put an end to sick and billious headaches, constipation, dissi-nots and indigestion. "Clean house." Adv.

Alert Suspicion. "We won't quit till the kalser kees out of business," remarked the em-

phatic citizen. "No," replied Mr. Dustin StSax, "and what's more we'll see to it that he doesn't try to start up the same old shop with a bunch of dummy direc-

You May Try Cutleura Free Send today for free samples of C ti-cura Soap and Ointment and learn how quickly they relieve itching, skin and scalp troubles. For free samples, address, "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Safest Plan. "We have been married ten years

without an argument."
"That's right. Let her have her own way. Don't argue."—Louisville Courser-Journal.

"I see General Ludendorff has resigned." "Yep. The rats always guit a sinking ship."

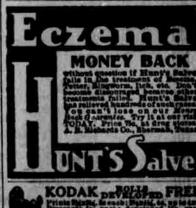
No man ever does more than his

It's the frequent fallures that sweet-

HOW TO FIGHT PAPE'S DIAPEPSIN AT ONCE ENDS SPANISH INF

By DR. L. W. BOWERS.

Avoid crowds, coughs and cowards, but fear neither germs nor Germans! Keep the system in good order, take plenty of exercise in the fresh air and practice cleanliness. Remember a clean nouth, a clean skin, and clean bowels are a protecting armour against disease. To keep the liver and bowels regular and to carry away the poisons within, it is best to take a vegetable pill every other day, made up of May-apple, sloes, jalap, and sugar-coated, to be had at most drug stores, known as Dr. Pierce's Pleasant Pellets. If there is a sudden onset of what appears like a hard cold, one should go to bed, wrap warm, take a hot mustard foot-bath and drink copiously of hot lemonade. If pain develops in head or back, ask the druggist for Anuric (anti-uric) tablets. These will flush the bladder and kidneys and carry off poisonous germs. To control the poins and aches take one Anuric tablet every two hours, with frequent drinks of lemonade. The pneumonia appears in a most treacherous way, when the influenza victim is apparently recovering and anxious to leave his bed. In reor pneumonia the system should be built up with a good herbal tonic, such as Dr. Pierce's Golden Medical Discov-ery, made without alcohol from the roots and barks of American forest trees, or his Irontic (iron tonic) tablets, which can be obtained at most drug stores, or send 10c. to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for trial



W. N. U., WICHITA, NO. 47-1918

Too Much of a Shock. The chauffeur had been haled into court for speeding and running down a pedestrian.

"Your honor," said the cheuffeur, "it was all my fault. The pedestrian was not to blame."

And the poor judge dropped dead.

Washington expects 75 vacant homes to be taken over for war pur-

It takes a man to win a fight; any

WEAK KIDNEYS MEAN A WEAK BODY

When you're fifty, your body begins to those stiffened joints creak a little at the hinges. Motion is matism, lumbago, more slow and deliberate. "Not so young gravel, "brick dust,

Each capsule contains about one dose of five drops. Take them just like you would any pill, with a small swallow of water. They soak into the system and throw off the poisons which are making you old before your time. They will quickly relieve Accept No Substitutes.—Adv.

GOLD MEDAL Haariem Oil Capenia cleanse the kidneys and purify the blood They frequently ward off attacks of the dangerous and fatal diseases of the hid neys. They have a beneficial effect, ar-often completely cure the diseases of the bodily organs, allied with the bladder and

Acid-Stomach Victims Sickly, Weak, Unfit, **Depressed**

You eat to LIVE. Your life depends on the strength you get from your food. There is no other way.

EATONIC is in pleasant-tasting tablet form-just like a bit of candy. We arge you—so matter what you have tried—take Eatonic just one week and find out for yourself how wonderfully in-prived you will feel. See how quickly EATONIC bankshes the immediate effects of acid-stomach — bload, hearthurn, beiching, food-repeating, sour, grassy stomach, indigestion, etc. See too, how quickly your general health improve—how much more easily it is digested—how anuch more easily it is digested—how much more easily it is digested—how much more easily it is digested—how much more easily it is digested—how with you flood—how much more easily it is digested—how anuch more easily it is digested—how for the control of the contro